Nutrients per serving

Taco Casserole40

Number of Servings: 40 (225.95 g per serving)

Amount	Measure	Ingredient
7 1/2	lb	Beef, ground, hamburger, pan browned, 10% fat
2 1/4	cup	Onion, white, fresh, chpd
2.00	tsp	Spice, chili pepper, pwd
2 1/4	cup	Chili Peppers, green, dices, cnd
3 1/8	lb	Soup, cream of mushroom, rducd sod, cond, cnd
4 1/4	cup	Milk, 1%, w/add vit A & D
4.00	lb	Tortillas, flour
4 1/4	cup	Cheese, cheddar, low fat, shredded

Nutrition	Fa	cts	
Serving Size (226g) Servings Per Containe	,		
dervings i ei containe	1		
Amount Per Serving			
Calories 410 Calori	es from	Fat 140	
	% Da	ily Value*	
Total Fat 16g			
Saturated Fat 6g			
Trans Fat 0.5g			
Cholesterol 80mg			
Sodium 660mg		28%	
Total Carbohydrate 3	0g	10%	
Dietary Fiber 1g		4%	
Sugars 3g			
Protein 32g			
Vitamin A 4% • V	itamin C	8%	
Calcium 15% • Ir	on 25%		
*Percent Daily Values are base diet. Your daily values may be depending on your calorie nee Calories	higher or l		
	65a	80a	
	20g	25g	
Cholesterol Less Than	300mg	300 mg	
	2,400mg	2,400mg	
	300g	375g	
	25g	30g	
Calories per gram: Fat 9 • Carbohydrate	d . Dente	in 4	

Notes

- * Purchase ~1 3/4-2# 93% or 90% lean ground beef to equal ~ 1 1/2 # (24 oz) browned grd beef called for in recipe.
- * Any low sodium cream soup can be used that has ~ 110 mg sodium per OUNCE or less.

Any size of flour tortillas can be used. Use the # of tortillas that total the # of ounces called for in the recipe. Potentially Hazardous Food. Food Safety Standard: Hold food for service at internal temperature above 140 degrees F.

Spray a 9X13" pan for each 10-15 portions or 12X20" pan for each 25 servings and cut into # of pieces recipe yields. Preheat oven to 350 degrees F.

Cut soft flour tortillas into strips 1/2" wide with a sharp knife or a pizza cutter.

Mix browned ground beef, chilis, onions and chili pepper together with soup and milk AMOUNT OF CHILI POWDER/PEPPER CAN BE ADJUSTED TO FIT TASTE OF YOUR PARTICIPANTS

Layer 1/2 of tortilla strips in pan followed by a layer of ground beef-soup mixture; continue to layer one more time. Sprinkle top with shredded cheese.

Bake for 30 minutes covered with foil and an additional 15 minutes uncovered. Cut into # of pieces recipe/pan yields, cover with steamtable pan lid and transfer to steam table to serve.

2/28/2007 5:35:40PM Page 1 of 1